

Seven Day Meditation Journal

A JOURNAL FOR GOALS AND REFLECTION

“Meditation opens our vision to see
unity in the diverse fabric of life.”

—Sant Rajinder Singh Ji Maharaj



SCIENCE OF SPIRITUALITY
Transforming lives through meditation

Meditation Journal

TIME:

HOW LONG:

Meditation Goals:

1.
2.
3.

Reflection Before Meditation:

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Reflection After Meditation:

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Meditation Journal

DAY 3

TIME:

HOW LONG:

Meditation Goals:

1.

2.

3.

Reflection Before Meditation:

Reflection After Meditation:



Meditation Journal

TIME:

HOW LONG:

Meditation Goals:

1.
2.
3.

Reflection Before Meditation:

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Reflection After Meditation:

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Meditation Journal

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Meditation Journal

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Reflection After Meditation:

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Meditation Journal

TIME:

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Reflection After Meditation:

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Review & Planning Ahead



TOTAL MEDITATION TIME:

Meditation Goals:

1. Goals that Worked and Why

2. Goals to Strengthen and How

7-day Reflection & Review:

Meditation Plan for the Week Ahead: